

**Full Report (All Nutrients) 07075, Sausage, smoked link sausage, pork and beef**

Report Date:October 22, 2015 08:11 EDT

Nutrient values and weights are for edible portion.

**Food Group : Sausages and Luncheon Meats****Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	Value Per 100 g	Data points	Std. Error	3.0 oz 85g
<b>Proximates</b>					
Water <sup>1</sup>	g	53.97	1	--	45.87
Energy	kcal	320	--	--	272
Energy	kJ	1338	--	--	1137
Protein <sup>1</sup>	g	12.00	1	--	10.20
Total lipid (fat) <sup>1</sup>	g	28.73	1	--	24.42
Ash <sup>1</sup>	g	2.89	1	--	2.46
Carbohydrate, by difference	g	2.42	--	--	2.06
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca <sup>1</sup>	mg	12	1	--	10
Iron, Fe <sup>1</sup>	mg	0.75	1	--	0.64
Magnesium, Mg <sup>1</sup>	mg	13	1	--	11
Phosphorus, P <sup>1</sup>	mg	121	1	--	103
Potassium, K <sup>1</sup>	mg	179	1	--	152
Sodium, Na <sup>1</sup>	mg	911	1	--	774
Zinc, Zn <sup>1</sup>	mg	1.26	1	--	1.07
Copper, Cu <sup>1</sup>	mg	0.077	1	--	0.065
Manganese, Mn <sup>1</sup>	mg	0.048	1	--	0.041
Selenium, Se <sup>1</sup>	μg	0.0	1	--	0.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Thiamin <sup>1</sup>	mg	0.192	1	--	0.163
Riboflavin <sup>1</sup>	mg	0.106	1	--	0.090
Niacin <sup>1</sup>	mg	2.940	1	--	2.499
Pantothenic acid <sup>1</sup>	mg	0.525	1	--	0.446
Vitamin B-6 <sup>1</sup>	mg	0.163	1	--	0.139
Folate, total <sup>1</sup>	μg	2	1	--	2
Folic acid	μg	0	--	--	0
Folate, food	μg	2	1	--	2
Folate, DFE	μg	2	--	--	2
Choline, total <sup>1</sup>	mg	50.7	--	--	43.1
Betaine <sup>1</sup>	mg	2.1	1	--	1.8
Vitamin B-12 <sup>1</sup>	μg	0.58	1	--	0.49
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	13	--	--	11
Retinol <sup>1</sup>	μg	11	1	--	9
Carotene, beta <sup>1</sup>	μg	11	1	--	9
Carotene, alpha <sup>1</sup>	μg	11	1	--	9
Cryptoxanthin, beta <sup>1</sup>	μg	11	1	--	9
Vitamin A, IU	IU	74	--	--	63
Lycopene <sup>1</sup>	μg	11	1	--	9
Lutein + zeaxanthin	μg	0	--	--	0
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.13	2	--	0.11
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta <sup>1</sup>	mg	0.00	2	--	0.00
Tocopherol, gamma <sup>1</sup>	mg	0.08	2	--	0.07
Tocopherol, delta <sup>1</sup>	mg	0.00	2	--	0.00
Vitamin D (D2 + D3)	μg	1.1	--	--	0.9
Vitamin D	IU	44	--	--	37
Vitamin K (phylloquinone) <sup>1</sup>	μg	0.0	2	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	9.769	1	--	8.304
4:0	g	0.000	--	--	0.000

Nutrient	Unit	1			<b>3.0 oz 85g</b>
		Value Per 100	Data points	Std. Error	
g					
6:0	g	0.000	--	--	0.000
8:0 <sup>1</sup>	g	0.000	1	--	0.000
10:0 <sup>1</sup>	g	0.000	1	--	0.000
12:0 <sup>1</sup>	g	0.000	1	--	0.000
14:0 <sup>1</sup>	g	0.399	1	--	0.339
15:0 <sup>1</sup>	g	0.000	1	--	0.000
16:0 <sup>1</sup>	g	6.119	1	--	5.201
17:0 <sup>1</sup>	g	0.117	1	--	0.099
18:0 <sup>1</sup>	g	3.088	1	--	2.625
20:0 <sup>1</sup>	g	0.046	1	--	0.039
22:0 <sup>1</sup>	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	12.238	1	--	10.402
14:1 <sup>1</sup>	g	0.000	1	--	0.000
15:1 <sup>1</sup>	g	0.000	1	--	0.000
16:1 undifferentiated <sup>1</sup>	g	0.744	1	--	0.632
18:1 undifferentiated <sup>1</sup>	g	11.262	1	--	9.573
20:1 <sup>1</sup>	g	0.232	1	--	0.197
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	3.927	1	--	3.338
18:2 undifferentiated <sup>1</sup>	g	3.481	1	--	2.959
18:3 undifferentiated	g	0.207	--	--	0.176
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.207	1	--	0.176
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c <sup>1</sup>	g	0.151	1	--	0.128
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	0.000
20:4 undifferentiated <sup>1</sup>	g	0.088	1	--	0.075
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	1	--	0.000
Cholesterol <sup>1</sup>	mg	58	1	--	49

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
<b>Flavonoids</b>					
Isoflavones					
Daidzein <sup>2</sup>	mg	0.25	2	--	0.21
Genistein <sup>2</sup>	mg	0.40	2	--	0.34
Glycitein <sup>2</sup>	mg	0.00	2	--	0.00
Total isoflavones <sup>2</sup>	mg	0.70	2	--	0.60

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

<sup>2</sup>Umpress, S. T., Murphy, S. P., Franke, A. A., Custer, L. J., and Blitz, C. L. Isoflavone content of foods with soy additives., 2005 J. Food Comp. Anal. 18 pp.533-550